

With blending essential oils there are no rules....only possibilities

SYNERGY  
 $1+1=3$

A blend of oils often works better than a single essence due to the phenomenon of synergy.... When certain oils blended together have a mutually enhancing effect on each other so that the effect of the whole is greater than the sum of the individual parts. The united action of several factors is greater than each individual factor and creates a single and different effect. When done correctly, combining essential oils has the potential for a more healing than each individual oil.

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## The Magic of Scent

*Scent is a distinctive, agreeable odor. The sense of smell (olfactory) has the capacity to produce an immediate and direct effect on the nervous system when stimulated by scent.*



Blending essential oils will involve inhaling the oils during every part of the process. We are so made that our olfactory system which begins when we inhale and smell can effect us in unexpected ways such as taking us back to memories and emotions that we experienced when we encountered that scent before. A part of our olfactory system is the limbic system which manages emotions and long term memories. Memories of odors can carry deep and emotionally rich associations, particularly in our early years.

Plants have scent for 2 reasons: to defend or to attract. Flowers attract insects for pollination and to disperse their seed. The roots of many plants have scent that will repel other animals from chewing on it and using it as food. Some essential oils are from the flowers of plants and others are from the many different elements of a plant. Often the essential oil will have a smell that is similar to the plant, but it can vary from plant to plant.